



## **A MINUTE OF HEALTH WITH CDC**

### *Timing is Everything with Breast Cancer*

*National Breast Cancer Awareness Month — October, 2011*

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*This program is presented by the Centers for Disease Control and Prevention.*

Nearly everyone knows someone who's been affected by breast cancer. That's because breast cancer is the most common form of cancer among women. In the United States, it's the second-leading cause of cancer-related death in women.

As with most cancers, finding it early is the key to survival. Mammography is the most effective way to detect breast cancer. It can find potentially cancerous lumps up to three years before they can be felt by self-examination or a clinical exam. If you're over 50, get a mammogram every two years. If you're under 50, check with your health care provider about when you should start getting tested.

Thank you for joining us on *A Minute of Health with CDC*.

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*